

NW Zone LCM Records -- as of 6/25/2025

MEN 18-24

0:24.72	08/17/08	PNA	Brian Goldman
0:54.50	08/23/92	MAC	Greg Cooper
2:06.28	08/21/16	UC36	Matthew Gates
4:34.70	08/14/76	PNA	Rick Colella
9:33.08	08/25/19	OREG	Evan Edwards
17:33.20	08/14/76	PNA	Rick Colella
0:29.02	08/11/19	OREG	Matthew McComish
1:02.56	08/27/95	OREG	Gary DeFrang
2:16.59	08/11/19	OREG	Matthew McComish
0:30.94	07/15/95	UTAH	Dmitri Malinovski
1:07.87	06/03/95	UTAH	Dmitri Malinovski
2:37.60	08/14/76	PNA	Rick Colella
0:27.06	08/23/92	MAC	Greg Cooper
0:58.57	08/11/19	OREG	Matthew McComish
2:19.31	08/21/16	UC36	Matthew Gates
2:19.90	08/11/19	OREG	Matthew McComish
5:03.70	08/14/76	PNA	Rick Colella

WOMEN 18-24

50	M.	Free	Meghan Zimmer	OREG	08/11/13	0:27.45
100	M.	Free	Abbey Erwin	SAWS	08/11/19	0:59.55
200	M.	Free	Marion Gallagher	PNA	06/24/07	2:19.19
400	M.	Free	Sydney Anderson	PSM	08/21/16	4:57.46
800	M.	Free	Mary Lassiter	PNA	08/10/03	10:19.14
1500	M.	Free	Sydney Anderson	PSM	08/21/16	19:24.39
50	M.	Back	Shannon Heringer	OREG	08/23/92	0:33.30
100	M.	Back	Shannon Heringer	OREG	08/23/92	1:13.61
200	M.	Back	Jordan King	PSM	08/17/14	2:24.53
50	M.	Breast	Paloma Dinkel	PNA	07/07/12	0:35.54
100	M.	Breast	Paloma Dinkel	PNA	07/07/12	1:16.86
200	M.	Breast	Camille McClafferty	OREG	07/07/24	2:50.10
50	M.	Fly	Jordan King	PSM	08/17/14	0:29.27
100	M.	Fly	J. King / A. Erwin	PSM/SAWS	08/17/14	1:04.10
200	M.	Fly	Abbey Erwin	SAWS	08/11/19	2:21.30
200	M.	I. M.	Jordan King	PSM	08/17/14	2:24.97
400	M.	I. M.	Danielle Trevino	PNA	08/17/08	5:38.30

MEN 25-29

0:23.92	07/06/08	PNA	Troy Davidson
0:52.08	08/23/92	MAC	John Keppeler
1:52.17	08/23/92	MAC	John Keppeler
4:19.82	08/23/92	MAC	Alex Stiles
8:36.83	08/23/92	SAW	Jeff Erwin
17:14.33	08/26/82	OREG	Alan Cardwell
0:28.11	08/21/16	KM	Nick Blank
0:58.24	08/23/92	MAC	John Keppeler
2:07.57	08/23/92	MAC	John Keppeler
0:30.20	08/17/08	OREG	Michael Burton
1:08.52	07/07/12	PNA	Cejih Yung
2:28.17	08/11/13	PSM	Cejih Yung
0:25.48	08/23/92	MAC	Dirk Marshall
0:56.46	08/11/13	PSM	Chris Chapman
2:10.79	08/25/96	MAC	Bill Zolna
2:14.32	08/22/96	MAC	Bill Zolna
4:49.49	08/25/96	MAC	Bill Zolna

WOMEN 25-29

50	M.	Free	Sara Shand	UTAH	01/01/91	0:26.68
100	M.	Free	Sara Shand	UTAH	01/01/91	0:58.23
200	M.	Free	Megan Jendrick	PNA	07/11/10	2:04.56
400	M.	Free	Sara Quan	OREG	08/19/01	4:46.98
800	M.	Free	Christine Somera	OREG	08/24/14	10:17.89
1500	M.	Free	Sara Quan	OREG	08/19/01	18:29.45
50	M.	Back	Lori Clark	IEA	08/25/82	0:32.87
100	M.	Back	Diana MacManus	HMS	06/10/12	1:06.91
200	M.	Back	Michelle Donahue	MAC	08/27/95	2:31.59
50	M.	Breast	Megan Jendrick	PNA	07/11/10	0:31.60
100	M.	Breast	Megan Jendrick	PNA	07/02/12	1:09.81
200	M.	Breast	Anna Sharpe	KM	08/11/19	2:45.22
50	M.	Fly	Megan Jendrick	PNA	07/11/10	0:28.29
100	M.	Fly	Paloma Dinkel	PSM	08/11/13	1:06.29
200	M.	Fly	Maureen Phillips	PNA	08/19/01	2:25.60
200	M.	I. M.	Paloma Dinkel	PSM	08/11/13	2:26.92
400	M.	I. M.	Anne Wideman	SAWS	08/25/24	5:23.36

MEN 30-34

0:24.94	08/23/99	AKMS	Michael Sorensen
0:53.95	08/06/11	OREG	Benjamin Weston
2:00.39	07/31/94	MAC	Jeff Stiling
4:16.22	07/31/94	MAC	Jeff Stiling
9:15.86	08/15/98	OREG	Doug Stewart
16:38.49	08/27/95	SAW	Jeff Erwin
0:29.04	08/24/86	PNA	Dave Hannula
1:03.51	08/30/99	MM	Tyler Jourdonnais
2:19.28	08/17/08	OREG	Chip Polito
0:31.15	08/11/19	PSM	Chris Conroy
1:09.44	08/24/86	OREG	Roy Clark
2:31.88	07/30/00	AKMS	Jens Beck
0:25.77	08/23/99	AKMS	Michael Sorensen
0:57.45	08/23/99	AKMS	Michael Sorensen
2:11.71	08/15/02	MAC	Bill Zolna
2:17.19	08/15/02	MAC	Bill Zolna
4:52.38	08/15/02	MAC	Bill Zolna

WOMEN 30-34

50	M.	Free	Erica Cenci	PSM	07/21/16	0:27.43
100	M.	Free	Erica Cenci	PSM	08/21/16	0:59.10
200	M.	Free	Erica Cenci	PSM	07/21/16	2:08.41
400	M.	Free	Leissa Mills	OREG	08/01/93	4:44.36
800	M.	Free	Leissa Mills	OREG	08/01/93	9:51.10
1500	M.	Free	Haley Chura	BOZE	05/22/16	18:55.90
50	M.	Back	Zena Herrmann	PNA	08/23/92	0:32.83
100	M.	Back	Zena Herrmann	PNA	07/26/92	1:09.07
200	M.	Back	Zena Herrmann	PNA	08/23/92	2:26.99
50	M.	Breast	Caitlyn Shortt-Low	OREG	08/21/16	0:35.98
100	M.	Breast	Abby Blank	OREG	08/21/16	1:21.32
200	M.	Breast	Abby Blank	OREG	08/21/16	2:51.38
50	M.	Fly	Erica Dagg	PSM	07/01/23	0:30.44
100	M.	Fly	Tammy Bennett	HSKY	08/11/90	1:06.60
200	M.	Fly	Tammy Bennett	HSKY	07/31/90	2:33.10
200	M.	I. M.	Erica Cenci	PSM	07/07/16	2:31.68
400	M.	I. M.	Zena Herrmann	PNA	07/04/92	5:29.60

MEN 35-39

0:24.96	01/01/01	MM	Tyler Jourdonnais
0:54.18	01/01/01	MM	Tyler Jourdonnais
1:58.84	08/27/95	MAC	Jeff Stiling
4:17.26	08/27/95	MAC	Jeff Stiling
8:54.26	08/27/95	MAC	Jeff Stiling
17:31.53	08/19/01	OREG	Doug Stewart
0:28.60	08/17/14		M. McIntyre / T. Gray
1:00.93	08/17/14	PSM	Trever Gray
2:14.81	08/23/92	PNA	Mark List
0:31.40	08/19/01	OREG	John Hudson
1:10.61	07/08/06	OREG	Greg Latta
2:34.61	08/05/90	PNA	Greg Harrison
0:25.62	01/01/00	MM	Tyler Jourdonnais
0:56.39	01/01/00	MM	Tyler Jourdonnais
2:09.36	07/30/00	OREG	Dennis Baker
2:15.53	08/10/98	OREG	James Sorensen
4:50.27	08/27/95	MAC	Jeff Stiling

WOMEN 35-39

50	M.	Free	Megan Oesting	PNA	08/10/09	0:27.18
100	M.	Free	Megan Oesting	PNA	08/10/09	0:59.26
200	M.	Free	Kristine Senkier	OREG	08/17/08	2:14.04
400	M.	Free	Emily Melina	OREG	08/21/16	4:45.23
800	M.	Free	Emily Melina	OREG	08/21/16	9:53.17
1500	M.	Free	Sara Nelson	OREG	08/17/08	18:41.21
50	M.	Back	Sheri Hart	PNA	08/08/10	0:30.17
100	M.	Back	Sheri Hart	PNA	08/08/10	1:04.99
200	M.	Back	Kristine Senkier	OREG	08/17/08	2:31.06
50	M.	Breast	Brianna Showell	OREG	08/21/16	0:35.74
100	M.	Breast	Brianna Showell	OREG	08/21/16	1:19.45
200	M.	Breast	Sara Nelson	OREG	08/17/08	2:53.71
50	M.	Fly	Nikki Weeks	OREG	08/17/08	0:30.79
100	M.	Fly	Tammy Bennett	HSKY	08/23/92	1:08.69
200	M.	Fly	Shauna Simpson	OREG	06/03/06	2:41.40
200	M.	I. M.	Sara Nelson	OREG	08/17/08	2:34.53
400	M.	I. M.	Sara Nelson	OREG	08/17/08	5:29.12

NW Zone LCM Records -- as of 6/25/2025

MEN 40-44					WOMEN 40-44				
0:24.69	08/21/16	PSM	Trever Gray	50 M. Free	Lisa Dahl	PNA	08/15/04	0:27.92	
0:54.47	08/27/95	AKMS	Rick Abbott	100 M. Free	Shannon Wallace	OREG	08/21/16	1:03.51	
2:03.09	01/01/04	OREG	Dennis Baker	200 M. Free	Susanne Simpson	INW	03/29/02	2:12.75	
4:11.55	05/01/04	OREG	Dennis Baker	400 M. Free	Susanne Simpson	INW	06/03/04	4:39.93	
9:17.93	08/27/95	UNAT	Alan Cardwell	800 M. Free	Susanne Simpson	INW	06/03/04	9:41.90	
16:39.60	08/17/08	SAWS	Jeff Erwin	1500 M. Free	Susanne Simpson	INW	05/23/04	19:30.86	
0:27.98	08/21/16	PSM	Trever Gray	50 M. Back	Valerie Jenkins	OREG	08/10/06	0:32.41	
1:00.67	08/21/16	PSM	Trever Gray	100 M. Back	Ellen Reynolds	SAWS	08/17/08	1:10.22	
2:16.24	08/21/16	PSM	Trever Gray	200 M. Back	Ellen Reynolds	SAWS	08/17/08	2:30.17	
0:30.41	08/17/08	OREG	James Corbeau	50 M. Breast	Jayna Tomac	OREG	08/10/14	0:35.92	
1:08.92	08/17/08	OREG	James Corbeau	100 M. Breast	Jayna Tomac	OREG	08/10/14	1:19.62	
2:31.75	08/21/16	OREG	John Rasmussen	200 M. Breast	Jayna Tomac	OREG	08/10/14	2:54.65	
0:26.50	08/17/08	AKMS	Michael Sorensen	50 M. Fly	Sonja Skinner	OREG	04/10/16	0:30.60	
0:57.97	01/01/04	OREG	Dennis Baker	100 M. Fly	Susanne Simpson	INW	03/27/02	1:06.91	
2:05.55	07/10/04	OREG	Dennis Baker	200 M. Fly	Susanne Simpson	INW	03/30/02	2:29.37	
2:18.92	08/23/92	PNA	Rick Colella	200 M. I. M.	Ellen Reynolds	SAWS	08/17/08	2:34.16	
4:49.42	08/14/05	OREG	Dennis Baker	400 M. I. M.	Ellen Reynolds	SAWS	08/17/08	5:32.10	

MEN 45-49					WOMEN 45-49				
0:25.15	08/03/00	AKMS	Rick Abbott	50 M. Free	Tatiana Lemos de Lima	PSM	07/07/24	0:27.48	
0:56.03	08/03/00	AKMS	Rick Abbott	100 M. Free	Tatiana Lemos de Lima	PSM	07/07/24	1:00.97	
1:59.34	07/11/09	OREG	Dennis Baker	200 M. Free	Susanne Simpson	INW	07/27/05	2:14.84	
4:09.20	07/19/08	OREG	Dennis Baker	400 M. Free	Susanne Simpson	INW	08/10/06	4:44.30	
8:51.98	08/10/10	SAWS	Jeff Erwin	800 M. Free	Susanne Simpson	INW	07/27/05	9:48.77	
16:38.81	08/10/09	SAWS	Jeff Erwin	1500 M. Free	Arlene Delmage	OREG	06/14/08	20:06.82	
0:28.76	08/21/16	OREG	Mike Self	50 M. Back	V. Jenkins / E. Reynolds	REG/SAW	08/17/08	0:31.71	
1:03.39	08/21/16	OREG	Mike Self	100 M. Back	Ellen Reynolds	SAWS	05/20/11	1:08.33	
2:21.98	04/10/16	OREG	Mike Self	200 M. Back	Ellen Reynolds	SAWS	06/05/13	2:29.68	
0:30.98	08/10/09	OREG	James Corbeau	50 M. Breast	Lisa Dahl	PNA	08/17/08	0:37.21	
1:09.08	08/10/09	OREG	James Corbeau	100 M. Breast	Jayna Tomac	OREG	07/01/17	1:22.42	
2:32.03	07/11/24	OREG	John Rasmussen	200 M. Breast	Colette Crabbe	OREG	08/19/01	2:57.24	
0:26.97	08/03/00	AKMS	Rick Abbott	50 M. Fly	Lisa Dahl	PNA	08/10/09	0:29.57	
1:00.65	08/10/06	OREG	Dennis Baker	100 M. Fly	Arlene Delmage	OREG	08/17/08	1:06.42	
2:04.07	07/19/08	OREG	Dennis Baker	200 M. Fly	Susanne Simpson	INW	07/27/05	2:32.07	
2:16.12	08/10/06	OREG	Dennis Baker	200 M. I. M.	Ellen Reynolds	SAWS	07/07/12	2:32.58	
4:50.73	08/10/06	OREG	Dennis Baker	400 M. I. M.	Ellen Reynolds	SAWS	06/05/13	5:23.69	

MEN 50-54					WOMEN 50-54				
0:24.88	04/22/08	AKMS	Rick Abbott	50 M. Free	Lisa Dahl	PNA	07/07/12	0:28.58	
0:55.13	04/22/08	AKMS	Rick Abbott	100 M. Free	Ellen Reynolds	SAWS	07/07/18	1:04.01	
2:05.73	08/21/16	PSM	Mats Nygren	200 M. Free	Ellen Reynolds	SAWS	08/05/16	2:15.83	
4:30.78	08/06/17	PSM	Mats Nygren	400 M. Free	Ellen Reynolds	SAWS	07/08/17	4:50.23	
9:26.63	08/06/17	PSM	Mats Nygren	800 M. Free	Shannon McIntyre	PSM	08/09/15	10:05.05	
18:15.68	08/14/05	INW	Larry Krauser	1500 M. Free	Ellen Reynolds	SAWS	07/07/18	19:00.31	
0:30.01	05/14/22	OREG	Mike Self	50 M. Back	Ellen Reynolds	SAWS	08/03/14	0:32.50	
1:05.02	04/24/08	AKMS	Rick Abbott	100 M. Back	Ellen Reynolds	SAWS	08/03/14	1:09.28	
2:27.24	05/14/22	OREG	Mike Self	200 M. Back	Ellen Reynolds	SAWS	08/03/14	2:26.64	
0:31.93	08/21/16	PSM	Daniel Phillips	50 M. Breast	Lisa Dahl	PNA	07/07/12	0:38.27	
1:12.22	07/11/09	OREG	Patrick Allender	100 M. Breast	Ellen Reynolds	SAWS	08/05/16	1:25.64	
2:39.08	08/19/01	PNA	Rick Colella	200 M. Breast	Ellen Reynolds	SAWS	08/05/16	2:54.00	
0:26.83	04/20/08	AKMS	Rick Abbott	50 M. Fly	Lisa Dahl	PNA	07/07/12	0:30.34	
1:02.04	06/03/04	PNA	Scott Lautman	100 M. Fly	Christine McClafferty	OREG	08/13/23	1:07.95	
2:13.80	07/10/11	OREG	Dennis Baker	200 M. Fly	Christine McClafferty	OREG	08/13/23	2:35.19	
2:21.77	08/11/13	OREG	Dennis Baker	200 M. I. M.	Ellen Reynolds	SAWS	08/05/16	2:31.02	
5:02.51	08/11/13	OREG	Dennis Baker	400 M. I. M.	Ellen Reynolds	SAWS	08/03/14	5:20.68	

MEN 55-59					WOMEN 55-59				
0:25.31	08/17/08	OREG	Mike Tennant	50 M. Free	Karen Andrus-Hughes	OREG	07/07/12	0:30.27	
0:58.18	08/17/08	OREG	Mike Tennant	100 M. Free	Ellen Reynolds	SAWS	08/11/19	1:03.11	
2:10.62	08/17/08	INW	Larry Krauser	200 M. Free	Ellen Reynolds	SAWS	08/11/19	2:16.28	
4:34.77	08/11/19	SAWS	Jeff Erwin	400 M. Free	Ellen Reynolds	SAWS	08/11/19	4:46.49	
9:22.66	08/11/19	SAWS	Jeff Erwin	800 M. Free	Ellen Reynolds	SAWS	08/11/19	9:57.40	
19:03.16	07/11/09	PNA	Alan Bell	1500 M. Free	Ellen Reynolds	SAWS	08/11/19	18:36.30	
0:30.79	08/17/08	UTAH	Alistair Cockburn	50 M. Back	Ellen Reynolds	SAWS	08/11/19	0:34.46	
1:08.20	08/17/08	OREG	Wes Edwards	100 M. Back	Ellen Reynolds	SAWS	08/11/19	1:11.06	
2:29.67	08/17/08	OREG	Wes Edwards	200 M. Back	Ellen Reynolds	SAWS	05/17/19	2:31.79	
0:33.84	08/11/19	PSM	Daniel Phillips	50 M. Breast	Colette Crabbe	OREG	08/11/13	0:38.55	
1:14.30	08/17/08	PNA	Rick Colella	100 M. Breast	Lo Knapp	UTAH	08/10/09	1:25.19	
2:38.66	08/17/08	PNA	Rick Colella	200 M. Breast	Ellen Reynolds	SAWS	05/17/19	2:59.27	
0:28.22	07/07/12	PNA	Donald Graham	50 M. Fly	Arlene Delmage	OREG	08/06/17	0:32.38	
1:03.95	08/17/08	PNA	Scott Lautman	100 M. Fly	Colette Crabbe	OREG	07/07/12	1:14.73	
2:26.37	06/14/08	PNA	Scott Lautman	200 M. Fly	Arlene Delmage	OREG	08/06/17	2:49.31	
2:24.12	08/17/08	PNA	Rick Colella	200 M. I. M.	Ellen Reynolds	SAWS	07/06/19	2:31.51	
5:26.57	08/11/19	SAWS	Jeff Erwin	400 M. I. M.	Ellen Reynolds	SAWS	05/17/19	5:21.35	

NW Zone LCM Records -- as of 6/25/2025

MEN 60-64					WOMEN 60-64				
0:26.53	08/14/17	AKMS	Rick Abbott	50 M. Free	Charlotte Davis	PNA	07/07/12	0:30.11	
0:59.04	08/17/14	PSM	Rick Colella	100 M. Free	Charlotte Davis	PNA	08/06/10	1:07.33	
2:14.52	08/11/13	HMS	Larry Krauser	200 M. Free	Colette Crabbe	OREG	08/27/17	2:35.71	
4:50.39	08/02/23	SAWS	John Sfingi	400 M. Free	Colette Crabbe	OREG	07/06/19	5:29.19	
10:04.52	08/02/23	SAWS	John Sfingi	800 M. Free	Colette Crabbe	OREG	07/22/18	11:16.10	
19:24.11	08/02/23	SAWS	John Sfingi	1500 M. Free	Colette Crabbe	OREG	04/10/16	21:25.18	
0:31.71	08/17/14	PSM	Donald Graham	50 M. Back	Karen Andrus-Hughes	OREG	08/06/17	0:35.14	
1:10.95	02/02/20	PSM	Carl Haynie	100 M. Back	Karen Andrus-Hughes	OREG	08/06/17	1:17.53	
2:36.53	02/02/20	PSM	Carl Haynie	200 M. Back	Karen Andrus-Hughes	OREG	08/06/17	2:56.82	
0:33.51	08/11/19	OREG	Gary Patterson	50 M. Breast	Colette Crabbe	OREG	08/11/19	0:39.91	
1:13.38	08/11/13	PSM	Rick Colella	100 M. Breast	Colette Crabbe	OREG	08/11/19	1:28.61	
2:40.46	08/17/14	PSM	Rick Colella	200 M. Breast	Colette Crabbe	OREG	07/22/18	3:13.31	
0:28.14	08/17/14	PSM	Donald Graham	50 M. Fly	Charlotte Davis	PNA	07/07/12	0:32.57	
1:04.43	08/06/17	MM	Patrick Murtagh	100 M. Fly	Arlene Delmage	OREG	08/25/24	1:17.01	
2:35.33	07/07/12	BWAQ	Scott Lautman	200 M. Fly	Arlene Delmage	OREG	06/12/22	2:53.20	
2:21.99	08/17/14	PSM	Rick Colella	200 M. I. M.	Colette Crabbe	OREG	08/11/19	2:49.85	
5:08.20	08/17/14	PSM	Rick Colella	400 M. I. M.	Colette Crabbe	OREG	06/05/16	5:56.40	

MEN 65-69					WOMEN 65-69				
0:27.65	08/17/08	OREG	Robert Smith	50 M. Free	Charlotte Davis	PSM	08/21/16	0:30.85	
1:00.86	08/11/19	PSM	Rick Colella	100 M. Free	Charlotte Davis	PSM	08/21/16	1:07.88	
2:09.39	08/06/17	PSM	Rick Colella	200 M. Free	Charlotte Davis	PSM	08/09/15	2:35.36	
4:37.70	08/06/17	PSM	Rick Colella	400 M. Free	Charlotte Davis	PSM	01/31/15	5:27.79	
10:25.94	06/10/07	OREG	Tom Landis	800 M. Free	Lo Knapp	UTAH	08/11/19	11:21.32	
20:00.97	04/04/08	OREG	Tom Landis	1500 M. Free	Colette Crabbe	OREG	07/07/24	22:35.06	
0:33.87	08/17/08	OREG	Robert Smith	50 M. Back	Wendy McNamara	BSMT	10/10/21	0:36.89	
1:13.82	01/25/25	PSM	Carl Haynie	100 M. Back	Wendy McNamara	BSMT	10/10/21	1:22.09	
2:46.55	01/25/25	PSM	Carl Haynie	200 M. Back	Wendy McNamara	BSMT	10/10/21	3:04.69	
0:33.30	08/21/16	PSM	Rick Colella	50 M. Breast	Colette Crabbe	OREG	08/25/24	0:41.45	
1:14.77	08/06/17	PSM	Rick Colella	100 M. Breast	Colette Crabbe	OREG	08/25/24	1:32.13	
2:41.54	08/21/16	PSM	Rick Colella	200 M. Breast	Lo Knapp	UTAH	08/11/19	3:19.16	
0:30.15	08/11/19	PSM	Rick Colella	50 M. Fly	Charlotte Davis	PSM	08/21/16	0:33.66	
1:05.83	08/06/17	PSM	Rick Colella	100 M. Fly	Charlotte Davis	PSM	01/31/15	1:20.09	
2:35.36	08/06/17	PSM	Rick Colella	200 M. Fly	Colette Crabbe	OREG	07/07/24	3:15.76	
2:25.22	08/21/16	PSM	Rick Colella	200 M. I. M.	Charlotte Davis	PSM	08/21/16	2:54.74	
5:13.36	08/06/17	PSM	Rick Colella	400 M. I. M.	Colette Crabbe	OREG	08/25/24	6:22.91	

MEN 70-74					WOMEN 70-74				
0:29.90	06/01/25	OREG	Cliff Stephens	50 M. Free	Margaret Toppel	OREG	07/22/18	0:32.89	
1:06.47	07/27/05	OREG	David Radcliff	100 M. Free	Charlotte Davis	PSM	07/01/23	1:12.38	
2:24.22	07/31/18	PSM	Dan Kirkland	200 M. Free	Wendy McNamara	BSMT	08/25/24	2:57.03	
4:57.84	07/01/23	PSM	Rick Colella	400 M. Free	Lavelle Stoinoff	MAC	06/28/03	6:11.92	
10:12.57	07/01/23	PSM	Rick Colella	800 M. Free	Lavelle Stoinoff	MAC	08/12/04	12:35.14	
20:26.12	07/22/18	PSM	Dan Kirkland	1500 M. Free	Lavelle Stoinoff	MAC	07/12/03	24:24.13	
0:35.24	06/01/25	OREG	Cliff Stephens	50 M. Back	Margaret Toppel	OREG	08/25/19	0:39.76	
1:16.64	06/22/25	OREG	Cliff Stephens	100 M. Back	Wendy McNamara	BSMT	08/25/24	1:25.19	
2:45.98	06/22/25	OREG	Cliff Stephens	200 M. Back	Wendy McNamara	BSMT	08/25/24	3:10.48	
0:34.69	07/01/23	PSM	Rick Colella	50 M. Breast	Charlotte Davis	PSM	07/01/23	0:44.76	
1:17.80	07/01/23	PSM	Rick Colella	100 M. Breast	Charlotte Davis	PSM	07/01/23	1:41.94	
2:48.97	07/01/23	PSM	Rick Colella	200 M. Breast	Ginger Pierson	OREG	08/27/17	3:52.09	
0:32.06	06/22/25	OREG	Cliff Stephens	50 M. Fly	Margaret Toppel	OREG	07/22/18	0:37.36	
1:17.42	05/18/25	OREG	Cliff Stephens	100 M. Fly	Janet Gettling	OREG	08/11/19	1:47.60	
3:13.89	06/22/25	OREG	Cliff Stephens	200 M. Fly	Janet Gettling	OREG	08/11/19	4:00.76	
2:35.97	07/01/23	PSM	Rick Colella	200 M. I. M.	Joy Ward	OREG	08/26/12	3:38.29	
6:16.78	08/25/24	AKMS	Scott Collier	400 M. I. M.	Joy Ward	OREG	08/26/12	7:43.94	

MEN 75-79					WOMEN 75-79				
0:30.28	07/11/09	OREG	David Radcliff	50 M. Free	Janet Gettling	OREG	07/23/23	0:38.02	
1:06.63	07/11/09	OREG	David Radcliff	100 M. Free	Janet Gettling	OREG	05/28/23	1:28.97	
2:25.66	06/06/09	OREG	David Radcliff	200 M. Free	Mirjana Prather	OREG	03/03/19	3:25.48	
5:17.77	03/07/09	OREG	David Radcliff	400 M. Free	Janet Gettling	OREG	06/10/23	7:04.55	
11:01.70	08/13/23	OREG	Dan Kirkland	800 M. Free	Janet Gettling	OREG	07/01/23	14:51.34	
21:02.80	08/13/23	OREG	Dan Kirkland	1500 M. Free	Sue Calnek-Morris	OREG	07/22/18	28:36.12	
0:38.51	08/25/24	OREG	Dan Kirkland	50 M. Back	Joy Ward	OREG	08/06/17	0:47.50	
1:22.42	08/13/23	OREG	Dan Kirkland	100 M. Back	Joy Ward	OREG	08/06/17	1:43.60	
2:54.45	08/25/24	OREG	Dan Kirkland	200 M. Back	Joy Ward	OREG	08/06/17	3:46.69	
0:39.07	08/25/24	OREG	Allen Stark	50 M. Breast	Janet Gettling	OREG	07/01/23	0:48.77	
1:29.76	08/25/24	OREG	Allen Stark	100 M. Breast	Janet Gettling	OREG	07/01/23	1:54.96	
3:23.80	08/25/24	OREG	Allen Stark	200 M. Breast	Janet Gettling	OREG	08/05/23	4:13.12	
0:37.87	07/06/19	PSM	Robert Pilger	50 M. Fly	Janet Gettling	OREG	05/28/23	0:45.62	
1:40.74	08/27/95	OREG	Andrew Holden	100 M. Fly	Janet Gettling	OREG	06/10/23	1:53.27	
3:59.04	08/02/23	PSM	Stephen Fogg	200 M. Fly	Janet Gettling	OREG	05/28/23	4:08.00	
3:17.97	06/10/23	OREG	Bob Bruce	200 M. I. M.	Janet Gettling	OREG	07/01/23	3:51.71	
7:20.24	08/05/23	OREG	Bob Bruce	400 M. I. M.	Janet Gettling	OREG	07/23/23	8:21.31	

NW Zone LCM Records -- as of 6/25/2025

MEN 80-84

0:32.35	07/01/23	PSM	Robert Pilger
1:11.82	08/24/14	OREG	David Radcliff
2:40.22	08/24/14	OREG	David Radcliff
5:45.21	08/23/15	OREG	David Radcliff
11:49.29	08/24/14	OREG	David Radcliff
22:16.90	05/31/14	OREG	David Radcliff
0:46.25	06/28/03	OREG	Andrew Holden
1:45.64	06/12/99	OREG	Andrew Holden
4:04.79	06/14/87	OREG	Herb Eisenschmidt
0:46.64	07/10/11	OREG	Milton Marks
1:50.93	08/08/10	OREG	Milton Marks
4:09.35	11/03/19	PSM	Dick Peterson
0:38.65	07/01/23	PSM	Robert Pilger
1:47.88	06/12/99	OREG	Andrew Holden
4:57.38	08/09/03	OREG	Andrew Holden
3:53.76	08/25/19	OREG	Ronald Nakata
8:42.98	04/10/16	OREG	Dick Slawson

WOMEN 80-84

OREG	05/28/23	0:43.44
OREG	06/10/23	1:44.36
OREG	02/17/24	3:38.69
OREG	02/22/25	7:55.29
OREG	08/23/15	18:14.06
OREG	04/10/16	34:40.26
OREG	07/01/23	0:48.63
OREG	07/01/23	1:46.16
OREG	06/12/22	3:51.50
OREG	02/17/24	0:56.66
OREG	02/17/24	2:01.66
PNA	07/25/04	5:12.54
OREG	05/14/22	0:56.50
OREG	05/28/23	2:18.37
OREG	06/22/96	8:20.07
OREG	05/28/23	4:05.75
OREG	07/01/23	9:12.87

MEN 85-89

0:37.21	07/10/04	OREG	Andrew Holden
1:26.78	07/07/07	OREG	Willard Lamb
3:12.86	07/06/19	OREG	David Radcliff
7:06.36	07/12/08	OREG	Willard Lamb
13:56.29	07/19/19	OREG	David Radcliff
26:18.37	07/19/19	OREG	David Radcliff
0:47.30	05/18/25	OREG	Chris Hiatt
1:49.24	06/14/08	OREG	Willard Lamb
3:48.78	05/18/25	OREG	Chris Hiatt
0:59.39	06/04/05	OREG	Andrew Holden
2:13.61	07/01/23	PSM	Dick Peterson
4:44.89	07/01/23	PSM	Dick Peterson
0:46.48	06/19/04	OREG	Andrew Holden
2:02.53	06/19/04	OREG	Andrew Holden
4:47.63	07/10/04	OREG	Andrew Holden
4:15.59	07/10/04	OREG	Andrew Holden
			open

WOMEN 85-89

BOZE	05/20/17	0:56.66
BOZE	05/20/17	2:26.84
OREG	07/11/99	5:10.71
OREG	07/11/99	10:53.38
OREG	06/08/86	29:14.16
BOZE	05/20/17	45:30.50
BOZE	05/20/17	1:16.59
OREG	07/12/98	2:37.63
OREG	07/24/99	5:38.43
OREG	06/03/06	1:24.72
OREG	06/03/06	3:16.51
OREG	06/10/07	6:58.82
OREG	06/22/96	2:11.56
OREG	07/07/07	6:10.34
OREG	07/07/07	12:59.26
OREG	07/24/99	6:26.81
OREG	07/08/01	14:57.79

MEN 90-94

0:43.50	06/06/15	OREG	Willard Lamb
1:41.87	05/31/14	OREG	Willard Lamb
3:41.77	08/11/13	OREG	Willard Lamb
8:01.57	08/24/14	OREG	Willard Lamb
16:28.37	08/11/13	OREG	Willard Lamb
31:12.82	05/31/14	OREG	Willard Lamb
0:54.96	08/25/13	OREG	Willard Lamb
1:59.92	05/31/14	OREG	Willard Lamb
4:20.06	05/31/14	OREG	Willard Lamb
1:09.80	07/26/98	PNA	Jim Penfield
3:30.38	07/10/11	OREG	Rupert Fixott
1:05.95	06/06/09	OREG	Andrew Holden
7:02.80	07/26/98	PNA	Jim Penfield

WOMEN 90-94

OREG	08/21/16	1:25.97
OREG	08/21/16	3:05.93
OREG	07/20/02	5:36.74
MM	08/21/16	16:01.90
OREG	07/12/03	1:17.68
OREG	07/20/02	2:58.31
OREG	07/12/03	6:28.70
MM	08/21/16	1:56.48
OREG	07/12/03	3:49.99
OREG	07/20/02	8:30.18
MM	06/08/13	1:29.40
MM	08/03/14	8:11.91

MEN 95-99

0:45.71	08/06/17	OREG	Willard Lamb
1:47.59	08/27/17	OREG	Willard Lamb
4:04.60	08/27/17	OREG	Willard Lamb
8:43.18	08/27/17	OREG	Willard Lamb
17:42.57	08/27/17	OREG	Willard Lamb
33:39.77	08/27/17	OREG	Willard Lamb
0:58.63	08/06/17	OREG	Willard Lamb
2:11.19	08/06/17	OREG	Willard Lamb
4:34.73	07/30/18	OREG	Willard Lamb

WOMEN 95-99

MM	08/06/17	1:20.84
MM	08/06/17	3:43.58
MM	08/06/17	7:28.35
MM	08/06/17	15:41.63
MM	08/06/17	31:35.73
MM	08/06/17	1:44.11
MM	08/06/17	3:30.52
MM	08/06/17	7:09.94
MM	08/06/17	2:16.08
MM	08/06/17	4:37.87
MM	08/06/17	9:18.96
MM	04/21/17	1:55.97
MM	04/21/17	6:18.62
MM	04/21/17	8:46.90

NW Zone LCM Records -- as of 6/25/2025

MEN 100-104

0:57.42 08/07/22 OREG Willard Lamb
 2:15.99 08/07/22 OREG Willard Lamb
 5:18.86 08/07/22 OREG Willard Lamb
 10:55.25 08/07/22 OREG Willard Lamb
 22:15.67 08/07/22 OREG Willard Lamb
 42:27.06 08/07/22 OREG Willard Lamb
 1:09.17 08/07/22 OREG Willard Lamb
 2:29.17 08/07/22 OREG Willard Lamb
 5:12.53 08/07/22 OREG Willard Lamb

WOMEN 100-104

50 M. Free no records
 100 M. Free
 200 M. Free
 400 M. Free
 800 M. Free
 1500 M. Free
 50 M. Back
 100 M. Back
 200 M. Back
 50 M. Breast
 100 M. Breast
 200 M. Breast
 50 M. Fly
 100 M. Fly
 200 M. Fly
 200 M. I. M.
 400 M. I. M.

MEN 105-109

no records

WOMEN 105-109

50 M. Free no records
 100 M. Free
 200 M. Free
 400 M. Free
 800 M. Free
 1500 M. Free
 50 M. Back
 100 M. Back
 200 M. Back
 50 M. Breast
 100 M. Breast
 200 M. Breast
 50 M. Fly
 100 M. Fly
 200 M. Fly
 200 M. I. M.
 400 M. I. M.

MEN 110-114

no records

WOMEN 110-114

50 M. Free no records
 100 M. Free
 200 M. Free
 400 M. Free
 800 M. Free
 1500 M. Free
 50 M. Back
 100 M. Back
 200 M. Back
 50 M. Breast
 100 M. Breast
 200 M. Breast
 50 M. Fly
 100 M. Fly
 200 M. Fly
 200 M. I. M.
 400 M. I. M.

MEN 115-119

no records

WOMEN 115-119

50 M. Free no records
 100 M. Free
 200 M. Free
 400 M. Free
 800 M. Free
 1500 M. Free
 50 M. Back
 100 M. Back
 200 M. Back
 50 M. Breast
 100 M. Breast
 200 M. Breast
 50 M. Fly
 100 M. Fly
 200 M. Fly
 200 M. I. M.
 400 M. I. M.